



## Activelinks North Canterbury Hub

**Ko te whakaora, he hīkoi whakāmarama Māna anō tōna ake ara whakaora e whakarau.**

A journey of discovery where an individual leads their own unique process of moving forwards.

Comcare recognises the importance of the relationship between physical and mental health, having endorsed the *'Equally Well'* initiative. This has been developed to improve the physical health outcomes for people with experience of mental health and/or addiction issues.

### Activelife

Activelife is a specialised healthy living programme providing facilitated healthy eating discussions and exercise taster sessions. It brings people with mental illness or addiction issues together in a safe and supported environment. The programme assists people to learn about healthy eating, be more active and make more positive choices in a fun environment.

Activelife provides the opportunity to participate in cooking healthy lunches and to gain useful meal planning, shopping, and cooking skills.

### Course Information:

A **free 9-week** exercise and nutrition education programme held each **Thursday 23 October - 18 December**, held at the Baptist Church Hall, Rangiora.

### Activelife

- Become more active
- Learn about Healthy Eating
- Make Positive Choices
- Meet new people and have Fun.

### Who is Activelife for? People:

- Under specialist mental health services/ or who have been discharged to GP care since 2009
- Between 18 and over 65 years of age

### What commitment is needed?

- Ability to attend every Thursday from 10.00am - 1.00pm for 9 weeks. starting 23 October 25.

Go to our website [www.comcare.org.nz](http://www.comcare.org.nz) on the front page, go to generic referrals and fill out form, reason for referral in drop box is to join the North Canterbury Activelife Programme, 2025.